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3 - 2 - 1 FITNESS CALENDAR Beginner Example

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	OFF	CFN	DFN	OFF
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	OFF	CFN	DFN	OFF
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	OFF	CFN	DFN	OFF
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	OFF	CFN	DFN	OFF
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	OFF	CFN	DFN	OFF
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	OFF	CFN	DFN	OFF

Fig. 1

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3 - 2 - 1 FITNESS CALENDAR

Intermediate Example

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	DFN	CFN	DFN	OFF
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	DFN	CFN	DFN	OFF
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	DFN	CFN	DFN	OFF
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	DFN	CFN	DFN	OFF
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	DFN	CFN	DFN	OFF

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3 - 2 - 1 FITNESS CALENDAR Advanced Example

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	DFN	CFN	DFN	CFN
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	DFN	CFN	DFN	CFN
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	DFN	CFN	DFN	CFN
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	DFN	CFN	DFN	CFN
EXTRA PTS	PTS TOTAL					
OFF	DFN	CFN	DFN	CFN	DFN	CFN